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## Race is on in four ridings

Prentice to run in Calgary-Foothills byelection; Edmonton-Whitemud also heading to polls **PAGE 4**



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# ISIS recruitment? Not in Edmonton, local leaders say

**Somali community.** Parents say warning from 'lone wolf' about youth is preposterous and 'very damaging'

Local leaders, youth and parents from Edmonton's Somali community rallied together Monday to condemn a letter released last week that said at least six local men have been recruited by Islamic State of Iraq and al-Sham (ISIS) militants.

The letter — written by Mahamad Accord, president of the Canadian Somali Congress of Western Canada — warned Prime Minister Stephen Harper that Somali youth in Edmonton were being recruited to become front-line soldiers for the Islamic extremists.

Yet, president of the Somali Canadian Cultural Society of

Edmonton Jibril Ibrahim said the warning is false.

"Since we deal with the youth and we have not seen anything or anybody coming forward, that means we aren't aware of it. If anyone would have known it, we would have known it," Ibrahim said.

"We are coming together because we believe this is wrong," he added, calling Accord a "lone wolf" who doesn't speak for Somalis in the city.

While local leaders aren't aware of anyone being recruited, Ibrahim said, young men being recruited by ISIS are not just a Somali concern, but also a global concern.

Naima Haile, a parent liaison for the Somali Canadian Women and Children Association, said the accusations that men are missing are preposterous.

"I was livid," Haile said about the claims. "It was very upsetting, very disturbing because it's very dangerous and

very damaging to the whole community.

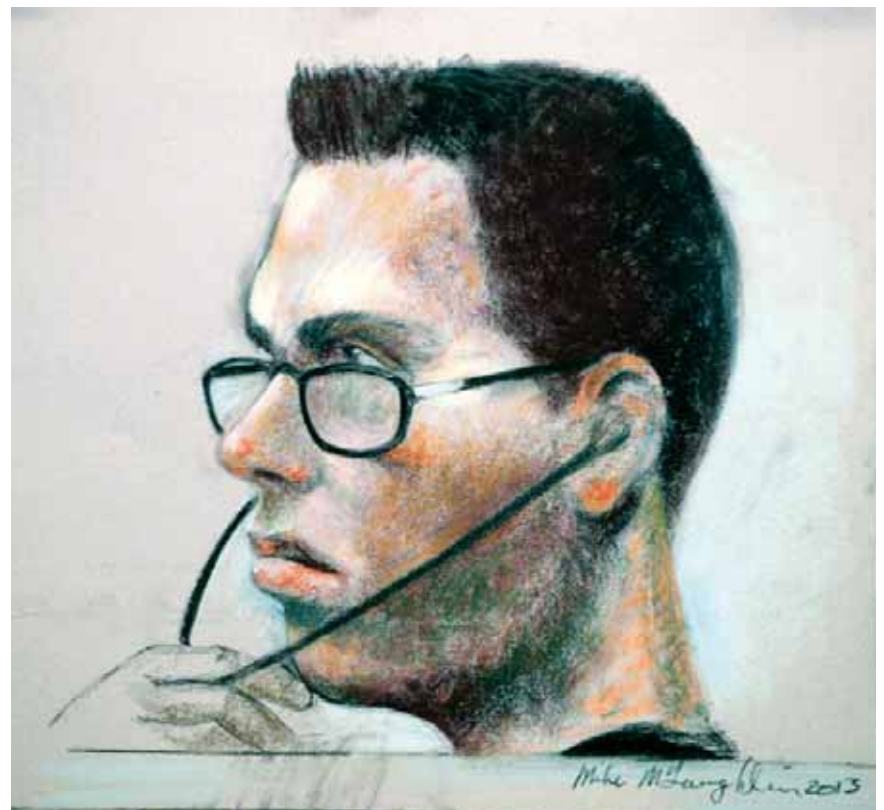
"We've been here for over two decades and we've tried so hard to be a part of the fabric of Canadian society," she added.

"I'm a parent. My daughter is in first-year university and I'm worried this will set kids back to Dark Ages where they will be scrutinized when they look for a job or when they mingle in society."

While the groups said there is no evidence that local men are being recruited, Bashir Ahmed, executive director of the Somali Canadian Education and Rural Development Organization, said it's not surprising if Somali men are targeted for recruitment.

"We live in one of the most democratic and free countries in the world. When a person reaches 18, he's on his own and can do whatever he likes," said Ahmed.

"This is a global issue," he added. **LEAH HOLOIDAY/METRO**



## MAGNOTTA TRIAL BEGINS

Luka Rocco Magnotta is shown in an artist's sketch in a Montreal court on March 13, 2013. The trial in one of Canada's most publicized and shocking criminal cases began Monday with evidence heard in the proceedings against alleged murderer Magnotta. **Story, page 8.** MIKE MCLAUGHLIN/THE CANADIAN PRESS



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## FIVE THINGS YOU NEED TO KNOW TODAY

1

### SEX ASSAULT ALLEGATIONS

Edmonton police's Sexual Assault Unit is currently investigating allegations of sexual assault at the Royal Alexandra Hospital over the weekend.

2

### MULTICULTURAL CENTRE OPEN

The Sejong Multicultural Centre is now open in the southwest. The centre, on Ellwood Drive SW, offers a range of classes, and a child-minding area.

3

### BYNES ON BAIL

Amanda Bynes was arrested early Sunday in California on suspicion of driving while under the influence of a drug, authorities said Monday. She was released on \$15,000 bail.

4

### IT'S YOUR ROUND

A restaurant in the heart of London's Mayfair has created what they claim to be the world's most expensive cocktail in honour of singer Grace Jones, valued at more than \$14,300.

5

### BOYS ONLY

Iceland is hosting a UN conference on gender equality — but only boys are invited. This will be the first time the UN will bring together only male leaders to discuss gender equality.

# City's growth stretching fire crews to their limits

**Timing.** Edmonton Fire crews drastically missing response targets

Far-flung areas of the city are proving outside the reach of Edmonton Fire crews, as growth causes the department to significantly miss its targets.

Combined with 90 seconds for a call to be dispatched and 90 more seconds for firefighters to roll out, the department's goal is to meet a travel time of four minutes 90 per cent of the time to any major event.

Numbers from 2013, provided exclusively to Metro, show that in Windermere they meet that goal just 10 per cent of the time. In other areas of the southwest, the department's response time is in the low 20s and in parts of the west end it's in the low 40s.

Fire Chief Ken Block admits the department is struggling with the city's growth, but he notes the numbers have mostly improved over the last five years.

"In most cases, we have at least held our own and that's a positive from my perspective,"



This file photo shows fire crews at a fatal fire in Oliver. Crews in the core of the city typically meet response time targets, but newer areas of the city are struggling. METRO FILE

he said, adding that the city needs new fire stations to fully meet the goal, and the capital budget will dictate how successful the service can be.

"Decisions will be made in December that will really dictate what's going to happen over the next four years," he said.

Coun. Bryan Anderson, who

represents Ward 9, said the problem is clear, but he doesn't know if the city can handle it in a tight capital budget.

"We need more fire halls to deal with geography," he said. "This is going to compete for the little bit of growth money that we have."

Block said the fire service is going to be asking council for

two new stations in the coming budget, along with the re-activation of the Rosedale fire station. He said the international response-time standards the city follows were established for a reason and unfortunately it will take new stations to solve the issue.

"We're really challenged and by that I mean our effect-

**\$2.3M cost**

### Expanding green-light pilot program

Edmonton Fire is hoping to expand a system to get its crews moving just a little quicker to calls, after a successful pilot program in the west-end.

Fire Chief Ken Block said, in addition to new and refurbished fire stations, the department intends to ask for \$2.3 million to expand a system that allows crews to change red lights to green along their path.

Block said a trial run of the system, which has been in place since 2012, has seen very favourable results.

"In the two corridors, we have improved that four-minute response time by a full 30 seconds," he said.

RYAN TUMILTY/METRO

iveness is directly impacted by our response times and our staffing levels," he said.

The service is also missing the 90-second standard for leaving the station, with crews hitting that target just 56 per cent of the time.

Block said that standard is a difficult one, but they're working toward it.

"We're constantly trying to improve that number," he said.

RYAN TUMILTY/METRO

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## Democracy movement. Local students rally for protesters in Hong Kong

Brandishing handmade signs and handing out yellow ribbons, a group of University of Alberta students gathered Monday to show their support for protesters in Hong Kong.

On the heels of a massive protest in the Chinese-controlled territory over the weekend, U of A international student Sze Hok Li said he hopes to raise awareness for protesters from his home.

"We're collecting signatures to show our support overseas. It's such a shame that I couldn't be there with my friends to fight for democracy," said Li, a second-year computer science student.

On Sunday, demonstrators gathered in Hong Kong to protest the Chinese government's move to limit political reforms.

Fellow student Tsz On Wong, a permanent resident in Canada, said watching the events unfold in Hong Kong is



A group of University of Alberta students show support Monday for demonstrators in Hong Kong.

LEAH HOLOIDAY/METRO

disturbing.

"We couldn't even sleep (last night)," said Wong, a second-year linguistics student. "My friend even got hit by the tear gas."

Along with Monday's gathering, the students said they plan on hosting a protest on Oct. 1 for the Edmonton Hong Kong community as a whole.

"There is going to be a protest all over the world (that day)," said Li.

LEAH HOLOIDAY/METRO

## Public art. Nuit Blanche looking for city cash

The city's first Nuit Blanche festival is looking for \$350,000 from the city to be able to light up the night next year.

The proposed festival would launch Oct. 3, 2015, and be an all-night event with public art installations spread out across 99 and 96 streets.

Ruth Burns, chair of the organizing committee, said she believes Edmontonians will really embrace the festival.

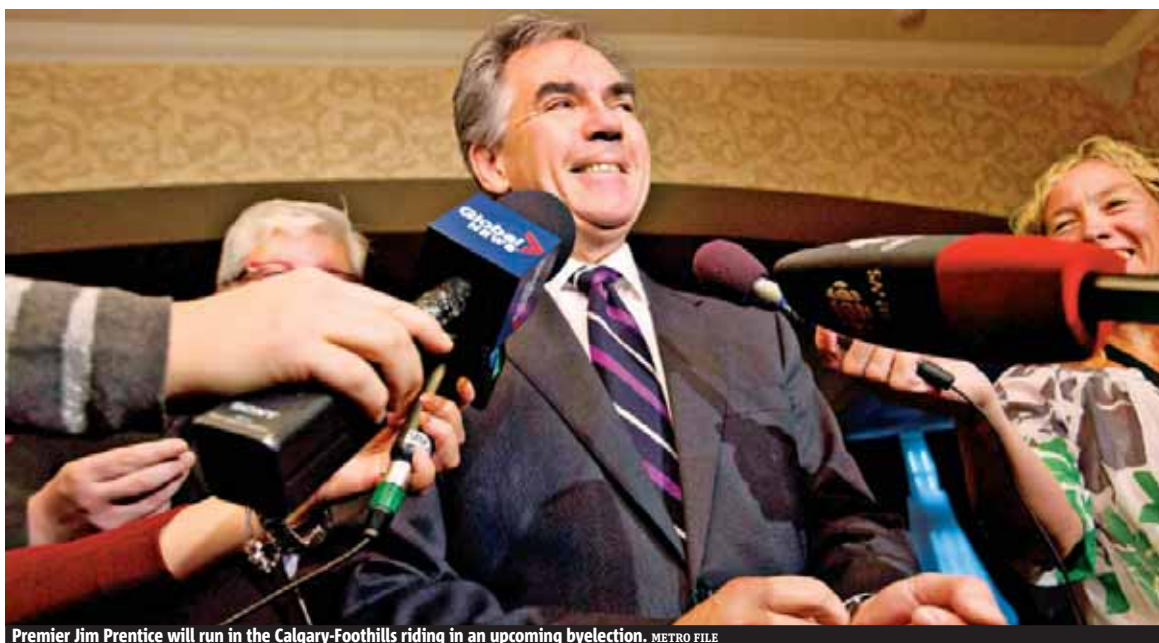
"It has been a very successful model in other cities and each time organizers have

done it they've been overwhelmed," Burns said. "It will be a chance to experience the city in a new and exciting way."

Councillors voted to send the request, which includes \$75,000 for in-kind services and \$225,000 to help pay for the event, to the budget process this fall.

The group is also looking for \$435,000 in corporate sponsorship, but Burns told councillors their potential sponsors are looking for the city's move first.

RYAN TUMILTY/METRO



Premier Jim Prentice will run in the Calgary-Foothills riding in an upcoming byelection. METRO FILE

# Prentice running in byelection

**Oct. 27.** New premier running in Calgary-Foothills, with three other legislature seats also up for grabs

Premier Jim Prentice announced Monday he will put himself and his mandate to the test on Oct. 27 in one of four byelections.

"We've begun to shape a new Progressive Conservative government with essentially new leadership, new

voices and a new way of doing things," Prentice told a news conference. "We're ready to hit the doors and to engage every voter in these constituencies."

Three of the byelections will be in Calgary and one in Edmonton. The Tories hold 57 of 87 seats in the Alberta legislature, so the results won't affect the balance of power.

Prentice, who won the Progressive Conservative party leadership on Sept. 6, will run in Calgary-Foothills, in the city's northwest.

The constituency adjoints

the federal riding of Calgary Centre-North, which Prentice won handily three times when he served as a Conservative MP from 2004 to 2010.

Prentice, a 58-year-old Calgarian, said his home is in north Calgary and that is where he wanted to run.

The riding came open just hours earlier Monday when Independent legislature member Len Webber announced he was resigning. Webber, a three-term MLA, won the federal Conservative nomination on the weekend to run in Calgary-Confederation.

He left the PC caucus in March to protest what he called the bully tactics and tantrums of then-premier Alison Redford. Redford resigned soon after as caucus and party discontent mounted over her leadership style, lavish travel and office expenses.

Also Monday, backbencher Ken Hughes quit his riding of Calgary-West to return to the private sector, allowing Prentice to introduce Calgary police Sgt. Mike Ellis as the party's standard-bearer in that byelection.

THE CANADIAN PRESS

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## 'Growing area'. West-end rec centre needed: Oshry

City councillor Michael Oshry is hoping to at least start moving toward a new recreation centre in the west end, even if there isn't money to build it.

Oshry asked for a review of plans for the Lewis Farms recreation centre Monday and where it fits in the city's priorities.

He said the area needs the new centre.

"It's one of the fastest, if not the fastest growing area of the city, and there's no rec centre out there," he said.

### New centre

The proposed centre would have an aquatic centre, two ice sheets, a district park and a potentially a new library branch.

Oshry said he knows the funding might not be there to build the facility, but he hopes the design can be completed in the next capital budget.

RYAN TUMILTY/METRO

### Fox Creek

## Child, 6, fires gun in vehicle; man faces weapons charges

A man from northwestern Alberta is facing weapons-related charges after a six-year-old child fired a rifle that was left in a vehicle.

RCMP in Fox Creek say three children were left

alone by their parents while the couple went into a house on Saturday afternoon.

Police say the rifle was on the passenger seat and the eldest child fired it out the driver's-side door. No one was hurt.

A man, 37, faces five charges that include unsafe storage of firearms, possession of a restricted firearm and child endangerment.

THE CANADIAN PRESS

# Edmonton coalition lobbies for \$28M in bike lane funds



Bike lanes will be a hot topic at the upcoming budget discussions and a newly formed coalition wants to lobby the council to pay for bike lanes. METRO FILE

### To build or not build?

City council will have to decide whether to fund bike lanes

If you enjoy getting around Edmonton on two wheels or just want to see more bikes on city streets, a new coalition wants to hear from you.

As city administration and council get ready for upcoming budget discussions, a group of avid cyclists, business owners, health care pro-

### Quoted

"Cycling is a growing form of transportation in Edmonton ... and so we're asking for a modest proportion of the upcoming budget."

Conrad Nobert, co-founder of the coalition

fessionals and those who just want a more bikeable city are also coming together to prove just how valuable more protected bike lanes would be.

"There's this grid of high quality bike routes for downtown and near the university areas that city council has approved but there's no funding to build it," said Conrad Nobert, co-founder of the Edmonton Bike Coalition.

Their demands? That city council dedicate around \$7 million each year, for the next four years, to develop safe bike infrastructure.

"We just want to mobilize the large amount of support that is out there. People can support something and not even realize there's this very important capital budget vote coming up, so we want city council to know that people who ride bikes in Edmonton care about this grid of bike routes and want it built," said Nobert.

STEPHANIE DUBOIS/METRO

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# Lawyer says Luka Magnotta isn't criminally responsible for murder

**Montreal.** Accused in notorious 2012 slaying of student Jun Lin suffers from schizophrenia, court hears on trial's first day

Luka Rocco Magnotta is schizophrenic and was not criminally responsible when he killed Chinese student Jun Lin in 2012, his lawyer told jurors Monday.

Magnotta has been diagnosed with borderline personality disorder and there is a history of schizophrenia in his family, Luc Leclair said on the first day of the highly publicized first-degree murder trial.

"I intend to show to you that at the time of the events, he was not criminally responsible," Leclair told the eight women and

six men who will hear the evidence.

His comments capped a stunning morning in the courtroom that began with Magnotta, 32, entering fresh not-guilty pleas to five charges, including murder.

Quebec Superior Court Justice Guy Cournoyer then advised the jurors that Magnotta had admitted to committing the crimes and that their task over the next six to eight weeks would be to determine his state of mind at the time.

Leclair revisited the matter as he spoke to the jurors.

"Mr. Magnotta has admitted the physical acts for each of the offences," he told them. "The other part to each charge is the mental part — so the defence will be focusing on that."

Leclair took the unusual step of addressing the jurors before the Crown had presented the outline of its

entire case. He said he wanted to ensure the jury didn't think it was simply "wasting its time."

The lawyer said a large number of medical files will be presented and he hopes that Magnotta's relatives will testify as well.

Crown prosecutor Louis Bouthillier told jurors he expects to show them the crimes were premeditated.

"The two words you should have in mind while listening to the evidence are 'planned' and 'deliberate,'" he said.

Magnotta was impassive as Bouthillier said the testimony of a journalist from England will indicate Lin's murder had been in the works for six months.

He said the reporter and his media organization received an email in December 2011 that shows Magnotta was intending to kill a human and film the event.



Diran Lin, father of victim Jun Lin, walks to the courtroom for the murder trial of Luka Rocco Magnotta in Montreal on Monday. Magnotta is charged with the death and dismemberment of student Jun Lin, but his lawyer said Monday that his client is schizophrenic and not criminally responsible. RYAN REMIORZ / THE CANADIAN PRESS

"This email makes it clear that Mr. Magnotta was planning to kill a human being and that he was going to

make a movie," Bouthillier told the jurors.

He also said they will see Lin's last moments alive, im-

ages that were captured by a surveillance video at a Montreal apartment.

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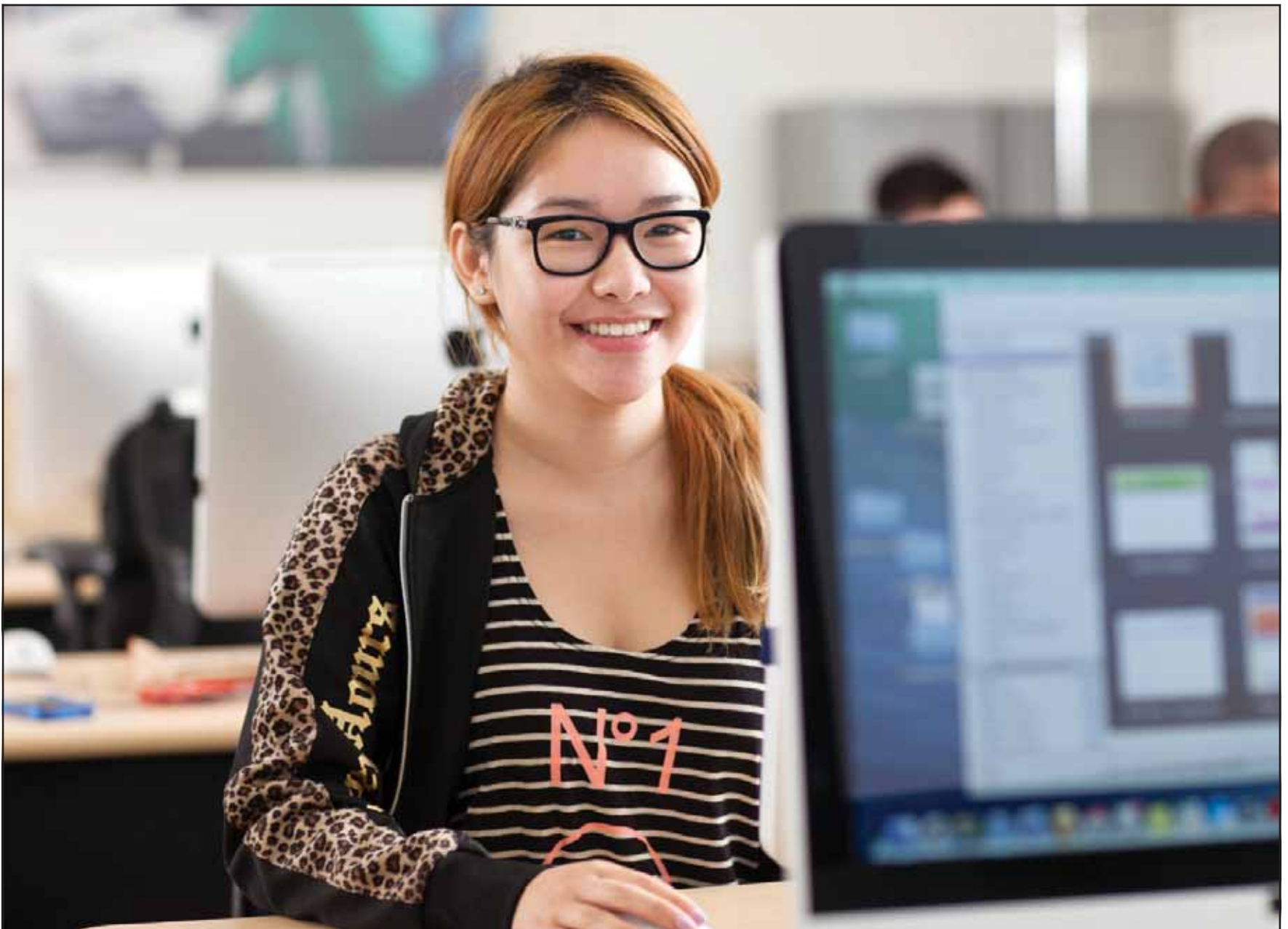
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# Police in Hong Kong ease up on protesters

**87 rounds of tear gas.** Forceful attempts to disperse demonstrators Sunday drew tens of thousands more into the streets

Hong Kong's embattled police defended their use of tear gas but softened their tactics Monday after forceful attempts to quell pro-democracy protests drew tens of thousands more people into the streets in an unprecedented show of civil disobedience.

"The students are protecting the right to vote, for Hong Kong's future. We are not scared, we are not frightened, we just fight for it," said Carol Chan, a 55-year-old civil service worker who said she took two days off

to join the protests after becoming angered over police use of tear gas Sunday.

Instead of candlelight, a few hundred people staged a brief "mobile light" vigil Monday night, waving their glowing cellphones as the protests stretched into their fourth day. Crowds chanted calls for the city's unpopular leader, Chief Executive Leung Chun-ying, to resign, and sang anthems calling for freedom.

Students and activists have been camped out since late Friday, demanding that Beijing grant genuine democratic reforms to the former British colony.

Signalling it doesn't expect a quick end to the demonstrations, the government said it was cancelling a fireworks display planned for Wednesday's celebration of National Day.

During that holiday and a



Student protesters connect electric extension cords to charge their phones during a sit-in protest in Hong Kong, Monday. WALLY SANTANA/THE ASSOCIATED PRESS

traditional holiday on Thursday, still larger crowds could

flood the streets.

THE ASSOCIATED PRESS

## Superior success rate. Long-acting birth control better for teens: Doctors

Teen girls who have sex should use Intrauterine devices (IUDs) or hormonal implants — long-acting birth-control methods that are effective, safe and easy to use, a leading American pediatricians group said.

IUDs are small, T-shaped devices containing hormones or copper that are inserted into the womb to prevent pregnancy. Hormone-based implants are matchstick-size plastic rods that go under the skin of the upper arm.

In an updated policy, the American Academy of Pediatrics says condoms should be used every time teens have sex to provide protection against sexually transmitted diseases that other forms of birth control don't provide. While condoms are the most common birth control choice among teens, they are among the least effective methods.

The pediatrics group said both IUDs and hormonal implants have lower failure rates — nearly 100 per cent



A model holds the Nexplanon birth control hormonal implant.

MERCK, FILE/THE ASSOCIATED PRESS

effective — than birth control pills, patches and injections.

While more expensive initially, the medical procedure saves people money in the long run compared to over-the-counter birth control options that must be consistently used, said Dr. Mary Ott, a pediatrics professor at Indiana University.

IUDs last between three to 10 years, while hormonal implants last three years.

"All methods of hormonal birth control are safer than pregnancy," Ott said.

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# Giving the Big 3 a run for their money

## Competition Bureau.

A fourth national wireless carrier would mean lower prices, says senior economist

Introducing a new national wireless carrier in Canada would result in lower consumer prices, but regulators need to do more than simply cap wholesale roaming rates to make that happen, the competition watchdog has told the country's telecom regulator.

The Competition Bureau called for new wireless regulations as the Canadian Radio-television and Telecommunications Commission launched into yet another delicate juggling act aimed at ensuring that both consumers and industry players benefit from a healthy wireless marketplace.

In a second of three major hearings being held this fall, the CRTC began public discussions Monday over the health of what is considered the backbone of Canada's retail mobile services sector: the wholesale wireless market.

The bureau told the regulator it must act to prevent the big three wireless carriers — Bell, Rogers and Telus

## Hold the phone

Despite the impression of some Canadians that they pay among the highest cellphone rates, consumers in many other countries pay more, said the Montreal Economic Institute.

- "Prices in Canada are lower than in the United States, Japan, and Australia," the institute said in a statement.

— from stifling any new competition.

"An additional nationwide carrier would increase choice, expand mobile wireless penetration in Canada ... and drive down the incumbents' average retail prices by about two per cent," bureau senior economist Patrick Hughes told the hearings.

The CRTC is examining whether more regulation is needed to taper or cap the wholesale rates cellphone carriers charge other wireless companies to allow their customers to roam outside of their home networks.

And while the commission is not examining the roaming rates consumers pay, Hughes told the hearings that wholesale and retail markets are inherently linked. **THE CANADIAN PRESS**

## A bailout, with strings attached

The Trump Taj Mahal Hotel and Casino in Atlantic City, N.J., is pictured in 2007. Opened in 1990, the hotel includes 1,250 guest rooms. Gambling has been legal in Atlantic City, one of the few such cities in the United States, since the first casino opened in 1978. Billionaire Carl Icahn is considering spending \$100 million US to save the Trump Taj Mahal casino from closing. But the offer comes with considerable strings attached: Icahn is willing to consider the bailout "if and only if" he gets big givebacks from the casino workers' union, steep tax breaks from Atlantic City and county, and \$25 million in funds from a New Jersey agency.

SAUL LOEB/AFP/GETTY IMAGES



## Banks. U.S. government tried to regulate banking fees, so banks got creative

The penalty for using an ATM that is not affiliated with your bank went up 5 per cent over the past year in the U.S.

The average fee for using an out-of-network ATM climbed to a new high of \$4.35 US per transaction, according to a survey released Monday by Bankrate.com.

Overdraft fees also surged, rising on average over the past 12 months to \$32.74. That's the 16th consecutive record high, the firm said.

Chequing account fees have been increasing as lenders adjust to federal banking laws and regulations enacted after the 2008 financial crisis. Among the changes: limits on when banks can

charge overdraft fees on ATM and debit card transactions and a reduction in the fees that banks charge merchants for each customer who uses credit or debit cards for their purchases.

Lenders have responded by hiking overdraft and ATM fees, as well as increasing how much money customers must maintain in the bank to avoid chequing account fees.

"I expect fees to continue increasing in years to come, but at a modest pace consistent with what we saw this year, just as was the case prior to the onset of these regulations," said the chief financial analyst at Bankrate.com. **THE ASSOCIATED PRESS**

## 'Tis the season to shop?

Macy's is boosting staffing for holiday shopping season

Macy's plans to hire about 86,000 seasonal holiday workers across America to bolster its stores, call centres and distribution hubs, a 3.6 per cent increase from last year.

The department store chain, which also operates Bloomingdale's, said Monday that the growth is being fuelled by its expanding online business. This year, about 10,000 of the total 86,000 seasonal workers will be based in eight distribution centres across the U.S. Last year, that figure was 7,000, the company said.

**THE ASSOCIATED PRESS**

## Holt Renfrew

The store for ladies who lunch opens a menswear shop

Holt Renfrew is preparing to open its first store devoted to menswear.

The Canadian luxury specialty retailer is launching Holt Renfrew Men, in downtown Toronto on Wednesday.

The two-level location is just steps away from the retailer's flagship Bloor Street store, and is part of its growth plan to expand its store network by 40 per cent.

Holt Renfrew president Mark Derbyshire says the move to open a men's store is part of the retailer's efforts to "redefine luxury."

**THE CANADIAN PRESS**

## Market Minute



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**TSX**  
14,976.92 (-49.85)



**OIL**  
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**GOLD**  
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**Natural gas:** \$4.14 US (+\$0.11)  
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# ELLO, IS IT ME YOU'RE LOOKING FOR?

Facebook celebrated its 10th anniversary back in February, which means many of us early adopters have spent over a decade with the now-ubiquitous social network. There have been plenty of growing pains along the way of course; in recent years, the loudest complaints from users have been concerns over privacy and the saturation of advertising.

Enter Ello, a new site hyping itself as the simple, beautiful and ad-free alternative to the world's largest social networking platform. Currently still in its invite-only stage, more than 35,000 people an hour are requesting to join the beta-phase bandwagon. Ello's uncluttered Tumblr-esque design features plenty of whitespace and is noticeably free of promoted posts and sponsored content.

The site doesn't have an "about" page; it has a rather dramatic anti-establishment manifesto intended to lure users away from Facebook by pointing out FB's pitfalls. "Every post you share, every



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

friend you make and every link you follow is tracked, recorded and converted into data," it reads. "You are the product that's being bought and sold."

But isn't that always true, to a certain extent?

We rent out our eyeballs to advertisers every time we open a magazine, turn on the television or go to the movies. There's no such thing as a free lunch; someone is always going to try and sell you something, whether it's a product, a service, or an ideology.

Anyone who spends hours a day on a free website should forfeit any naive notions about privacy. It's your choice if you want to give up personal data in exchange for access to an open platform that al-

lows you to connect with friends and family across the world, share and store images and send out party invitations with ease.

My own Facebook newsfeed is full of promotional content

hawking wedding rings and weight-loss supplements. You can tell what sort of top-secret personal information advertisers are gleaming from my account: oh, a woman in her 20s — she must be desperate to be married and thin!

I'm more inclined to laugh and roll my eyes than feel like my privacy has been violated. Like any good millennial Internet user, I've simply trained myself to gloss over the ads and recognize promoted content over the legitimate updates.

Ello promises that it will never collect or sell your data to third-party advertisers. The site plans to generate revenue through other methods such as charging users a fee to personalize their profile page or download value-added features. I guess time will tell if this strategy actually pays off. I suspect most of us won't be willing to pay for services we're used to getting for free.

Despite its radical proclamations of transparency and social revolution, Ello just seems like another online destination to add to our growing list of passwords to remember and profile photos to stress over.

## Burn your demons



Indian workers prepare to transport effigies of mythical demon king Ravana as part of Dussehra festivities in Mumbai, India, Monday. The effigies will be burned at the end of the 10-day long festival symbolizing the victory of good over evil. RAFIQ MAQBOOL/THE ASSOCIATED PRESS

## Good triumphs over evil at Dussehra festival

Dussehra, considered one of the most important Hindu festivals, is celebrated across Nepal, India and Bangladesh in various incarnations.

The festival celebrates Lord Rama's victory over the 10-headed demon king, Ravana. The day also marks the

Goddess Durga's triumph over demons.

This year's festival kicks off Tuesday. It is usually celebrated in September or October on the 10th day of the month of Ashwin, according to the Hindu lunisolar calendar, with nine days of celebrations leading up to it. This corresponds to the Indian harvest season.

To ensure the renewed productivity of the soil, the Mother Goddess is said to be invoked.

Many people of the Hindu faith observe the celebrations through social gatherings and food offerings at home and in temples throughout India and Nepal. Parades are also held and effigies of Ravana are burned at bonfires. **METRO**

### Etymology

- **Dasha (sun)**  
**Hara (defeat)**

The name Dussehra is derived from Sanskrit. It can be translated as "remover of bad fate."

### MetroTube



## Meow wow



**ANDREW FIFIELD**  
andrew.fifield@metronews.ca

It's not for us to tell you how you should go about enjoying a video of adorable kittens in tiny cowls performing stunts and plotting violence. But we would be remiss to not point out how the details — the guards doing nothing at all, dramatic leaps into haystacks — point to a genuine affection for the Assassin's Creed series. If you're into this, there's a whole lot more where it came from at youtube/mrtvcow.



SCREENGRAB

### Twitter

@metropicks asked: Girl meets girl. Girl falls in love and proposes at Brooklyn Bridge but loses ring, dropping it forty feet. Girls crestfallen. NYC cops find ring. Girls thrilled. What's your best lost and found story?

@SudioC: My dad lost wedding ring raking leaves. It was found the following June, on wedding anniversary, after he died.

Join the conversation @metropicks.



## SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 13 in Scene and page 22 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.





DVD review



## Transformers: Age of Extinction

Director. Michael Bay

Stars. Mark Wahlberg

Transformers: Age of Extinction, the regrettable fourth emission from Michael Bay's robot alien movie franchise, is long, loud and really stupid.

With a whole new cast of humans plus some additional robots, featuring Mark Wahlberg as lead gawker replacing the skeddaddled Shia LaBeouf, director Bay has essentially rebooted his own series.

But with a bloated running time of 165 minutes, neither he nor screenwriting accomplice Ehren Kruger seems to understand or care where this noise goes anymore.

This is a property known for huge explosions and clanking machinery, and if that's what you want, Age of Extinction has plenty. As for intelligence, wit and genuine thrills, not so much.

Surrounding these ear-bashing bots are a gaggle of dumbfounded and/or malevolent humans and, frankly, everyone here is as boring as a tax seminar.

As a character says all too knowingly, something Bay should take to heart: "Tank's empty, bro."

PETER HOWELL

# Lykke Li is Sleeping Alone and OK with it

**I Never Learn.** Swedish singer talks songwriting and growing up

KASIA PILAT  
Metro in Boston

The day before she kicks off a three-month tour, Lykke Li is in Seattle, about to rehearse for her performance at the Moore Theatre the following night. Any musician would certainly feel some pressure facing such an intimidating tour schedule: 26 cities in 47 days, down both coasts of the States with a night in Canada and one in Mexico before eight nights in Germany, France and the U.K. But if Li feels it, she sure isn't letting it show.

"When I write, I just write whatever I'm feeling and I try to not censor myself, as I know that the truth is the most powerful," the 28-year-old Swedish chanteuse tells us of the songwriting habits that led to her three full-length albums: 2008's compelling breakout debut Youth Novels, 2011's Wounded Rhymes and I Never Learn, released earlier this year.

The albums were all met with across-the-board critical and popular acclaim, but it would be unfair to reduce Li's success to her having figured out some sort of tried-and-tested formula — the perfect combination of salty and sweet, a balance between defiance and compliance that defines her signature sound, like the dancery I'm Good, I'm Gone, off her debut album. In the end, at the



Scan this photo with your Metro News app to watch the video for Gunshot, the second single from Lykke Li's album I Never Learn.  
GETTY IMAGES FILE

core of Li's music there is pure, unrestrained honesty.

I Never Learn completes a truth-telling trio of albums, the last of three Li was contracted to make when she signed her record deal with LL Recordings.

"I made a choice early on,

on my first record, to write very biographically about the pains and hardships and being a young woman, and I think that this time between 21 and 27 are really kind of what defines you, what's going to define who you become, so I real-

Mmmm

Music, movies, modelling and... mezcal?

- In addition to a contract with VIVA Model Management agency, an acting gig in the Swedish crime film Tommy and an appearance on U2's The Troubles, Li plans to start a mezcal company. But her music is never far from her mind.
- "I always want to grow as a songwriter. So whenever I'm done with a tour, I'm going to write songs about my feelings."

ized I already started making a trilogy subconsciously and then I ended it with I Never Learn," she says.

In I Never Learn, Li airs out a range of sentiments that, in the hands of a less talented songwriter, could quickly have devolved into self-absorbed indulgence.

But hurt, shame, sadness, guilt and longing are her songs' specialties, and the album wraps up neatly with the closing track, Sleeping Alone, where Li seems to give in to her gut feelings once and for all. "Love was my shoreline / I stare myself blind / Now was not out time / No I let you down" is a long way from the Youth Novels of six years ago.

"That's what naturally happens to you as a woman, you are someone at 21 and you're someone else at 28, hopefully," says Li. "And hopefully you've lived and learned and crashed and burned."

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Lindsay Lohan ALL PHOTOS GETTY IMAGES

## Relatively speaking: Lohan's got a go-to answer for cranky critics

Lindsay Lohan is countering critics of her West End debut, *Speed-the-Plow*, with a point that's really, really hard to refute: It could've been so much worse. While some have focused on flubbed lines and uninvited audience laughter during her first week of previews, "It could've been a disaster — but it wasn't by far," Lohan tells the *Daily Mirror*. "I could've not shown

up. But of course I did, it's my show. I'm doing the best I can and will for the duration." If you say so! The best part? It's a rhetorical device you can employ in your own life. The next time your boss is disappointed in your performance, simply offer back that at least you didn't release rabid land-sharks into the office. Manage expectations, people. Manage expectations.

## Yarr prayers have been answered: Pirates to set sail on screen for fifth time

It's really happening, mateys. The fifth film in the *Pirates of the Caribbean* franchise is getting under way Down Under, with pre-production starting this week on Australia's Gold Coast, according to the *Daily Mail Australia*. Actual filming, though, won't get underway until February 2015, when Johnny Depp is confirmed to arrive to reprise his role as Capt. Jack Sparrow. Orlando Bloom is also said to be in discussions to return to the franchise. Pay no attention to the



Johnny Depp

fact that, much like the fourth film that shot in Hawaii, this one is being made nowhere near the actual Caribbean.

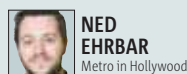
# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## London calling: Pattinson says Cali's starting to lose its cool

NED  
EHRBAR  
Metro in Hollywood

Great job, Los Angeles. You went and scared off another one. *Twilight* star Robert Pattinson is apparently checking prices on last-minute flights to London. "I think I might be done with Los Angeles. I've just realized that in the past few weeks," Pattinson tells

The Independent's Radar magazine — though he might just be trying to butter up a British outlet. "I think I need to spend more time in London, or just move around a bit more. I've been in L.A. for six or seven years or something, and it's weird. The more you stay there, especially as an actor, the more you think you need to be there, that you'll be missing out on something by leaving, but you are not, really."

L.A., stop scaring off all the sensitive British boys, or the U.K. will start sending back the celebrities it agreed to take off our hands.



Brad Pitt

## Brad's philosophy of blah: According to actor, life is the Pitts, until it isn't

It's coming up on Oscar season, and Brad Pitt has a big Second World War drama, *Fury*, coming out that he hopes folks will see. So naturally that means it's time to talk to GQ about his personal life. Like his recent marriage to Angelina Jolie. "I wouldn't say (marriage is) just a title.

There's more to it than that," he tells the magazine. Yes, but is he happy? "I've always believed happiness is overrated, you know?" he says. "It's those difficult times that inform the next wonderful time, and it's a series of trade-offs, of events, of wins and losses." OK...

### Twitter



#### @kelly\_clarkson

Having a hard time falling asleep. Can't stop watching my baby girl sleep. I'm addicted to her.



#### @katyperry

Does anyone else adopt the mood of the movie they see when they leave the theater... For like a solid two hours?!



#### @pattonoswalt

Red Bull gives you wings, but coffee gives you vengeance.

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# Embrace the changing season

Our bodies respond to the fluctuations in the seasons, so we have to make alterations to our routine, diet and supplement regime. The Canadian Health Food Association (CHFA) has tips to help you prepare for the shorter, colder days ahead.

NEWS CANADA

## Eat in season

With the arrival of autumn, it's always a good idea to change up your diet, adding the delicious foods that the season offers. Fresh pumpkins, yams, squash, sweet potatoes, turnips, apples, pears and figs are all rich in fibre, vitamins and minerals. Pumpkins, squash and root vegetables are abundant in vitamin A and carotenoids, which give them their rich orange colour. Vitamin A and carotenoids are powerful anti-oxidants that can help prevent premature aging and a number of serious illnesses. Make sure to consult The Dirty Dozen and the Clean 15 online to know which fruits and vegetables are the most and least contaminated by pesticides.



## Detox and supplement in season

We think of spring as the perfect season for cleansing and spring cleaning, but it's just as important in the fall.

A fall detox cleanse will help to stave off seasonal colds, keep your immune system healthy, and prepare you for the colder months ahead.

Visit your local health food retailer, where you can find a number of detox solutions, including teas and supplements, as well as several fall detoxifying foods, such as organic apples and beets.

With the changing season, now is also the perfect time to boost your immune system. As we start spending more time indoors, cold and flu bugs spread with more ease. Garlic pills, probiotics, vitamins B, C and D, E3 and Zinc are all powerful supplements that will help boost your immune system and help you fight off the nasty bugs that spread in autumn and winter.



## Boost your mood this season

As many as 20 per cent of Canadians are affected by seasonal affective disorder (SAD); commonly known as the winter blues. This is a physiological mood disorder that causes depressive symptoms during fall and winter, impacting people that have normal mental health throughout the rest of the year. To cope with the blues, make sure you are getting enough vitamin D, which is known to boost mood. In fall and winter, we can't produce this vitamin because of the lack of exposure to UV rays from the sun. It's a good idea to talk to your health-care practitioner about the benefits of taking a vitamin D supplement.



## Embrace the season

In between the rainy and windy days of autumn, the sun peeks through just as often. Fall days are made more beautiful with changing leaves and the warm sun. Autumn is filled with beauty. Embrace it and enjoy it before the long cold weather takes over. Take part in fall activities with your family, such as apple picking or local fall fairs.



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# Count sheep and avoid fasting



**BEST HEALTH  
MINUTE**  
Bonnie Munday  
Editor-in-chief  
Best Health Magazine

In each issue of Best Health, we find the answers to everyday health questions. Here are three.

**Is heartburn a minor problem?**

No. If it occurs regularly, over time heartburn can damage the lining of your esophagus, causing complications such as painful or bleeding ulcerations.

If you have heartburn more than three times a week, or wake up in the night because of coughing, wheezing, choking or asthma, talk to your doctor.

**Can lack of sleep actually make you sick?**

Yes. A study of 24,715 people in Norway in 2013 found that insomnia was a significant risk factor for a range of health conditions, from depression and anxiety to rheumatoid arthritis and

asthma.

Sleep deprivation can also increase levels of inflammatory chemicals in the body, and inflammation is known to contribute to heart disease.

Moreover, not getting your "vitamin ZZZ" can make high blood pressure worse and even raise your blood sugar.

A Harvard Medical School study found that women who slept five or fewer hours per day were nearly a third more likely to develop diabetes than women who got a more reasonable amount of sleep.

**Will fasting help you drop pounds for good?**

No. There is evidence that periodically cutting back on daily calories (consuming one third to one half fewer calories) can be good for you, but if you fast, or "detox," for days at a time, the few pounds you lose will probably come back as soon as you start eating again.

Here's why: When you fast, your metabolism slows



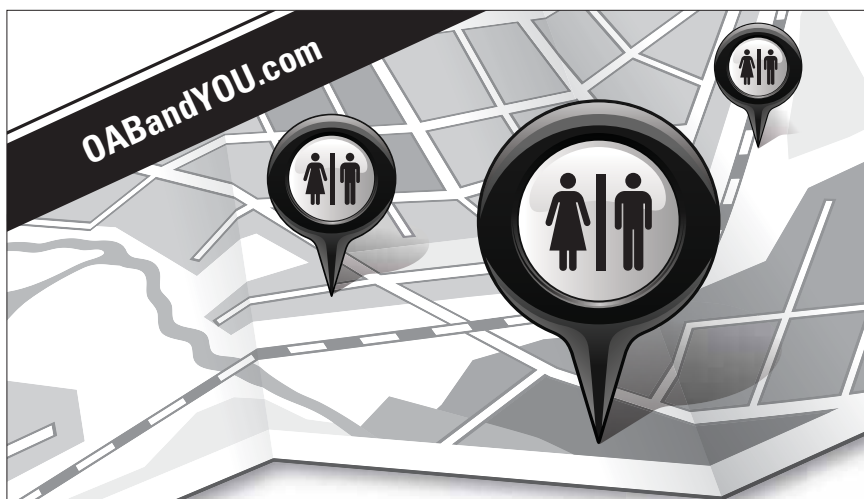
Insomnia can cause depression, anxiety, asthma and many other health problems. ISTOCK

down, meaning you burn fewer calories.

Some people go on fasts to rid their body of toxins, but there is little evidence this works. If you are in good health, your kidneys

and liver already do a good job of filtering out most ingested toxins. You may feel better, but that's probably because you are avoiding processed foods that have unhealthy fats and added

sugar, which you can avoid without fasting. **FOR MORE HEALTHY LIVING IDEAS, FROM FITNESS TO FASHION TO FOOD, PICK UP THE OCTOBER ISSUE OF BEST HEALTH MAGAZINE, ON NEWSSTANDS NOW. SUBSCRIBE AT BESTHEALTHMAG.CA.**



## A Better Route for Managing Overactive Bladder Should Have Fewer Bathroom Stops

If the symptoms of overactive bladder (OAB) – such as the frequent and sudden urge to urinate, followed by leakage – are interrupting your day, the **SYNERGY** study may be an option. It is a clinical research study evaluating an investigational combination of two drugs prescribed for OAB to see if, when taken together, they provide more relief than when taken on their own.



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# Low-carb versus low-fat

**Diets.** Which one actually works? Both

It's a question that bedevils dieters on a regular basis: Is a low-fat or a low-carb diet the true path to weight reduction?

A new study suggests either will do — so long as you work at whichever one you choose.

The study is what is called a meta-analysis; it groups and re-analyzes data from 48 different randomized trials of diets.

The work was done by researchers at Toronto's Hospital for Sick Children, McMaster University and a number of other institutions in Canada and the United States.

The authors say that of the so-called branded diets, those that espouse a low-fat or a reduced-carbohydrates approach work better than the others.

But when those two approaches are compared, the results are more or less equal.

"Our research has shown that ... low-carbohydrate and low-fat diets result in the most weight loss, about 18 pounds (8.2 kilograms) in six months and 16 pounds (7.3 kg) in 12 months, and there's very small differences between the two," says first author Bradley Johnston, a senior scientist at the Hospital for Sick Children's Research Institute.

The publication of the work — in the Journal of the American Medical Association — is timely. A study recently published in the Annals of Internal Medicine reported people who eschew carbs and eat more fats lose more weight than people who follow a low-fat diet.

Johnston acknowledges it



Both low-fat and low-carb diets work if you commit to them. CONTRIBUTED

is hard to interpret dietary science. So he and his colleagues set out to see what the compilation of studies reveals.

He says findings make it clear these diets can lead to weight loss, if people do the work. That said, the results were modest. The median weight loss for people following a low-carb diet was nearly nine kilograms at six months; the median loss for low-fat diet followers was eight kilograms. At 12 months, both groups

slipped a bit to just more than seven kilograms for both diets.

"For those who believe that they don't work, short-term, this evidence suggests that they do. And we need a lot more research in terms of the long-term effectiveness of these types of interventions and we need to look closely at adherence," says Johnston. "If they're relatively equal, then you should choose something that you feel that you can adhere to." **THE CANADIAN PRESS**

## Stress. It can hurt your unborn baby

Mothers know to try staying calm during pregnancy, as stress has been linked to behavioural and developmental problems for their babies. But now, a new study found that it also increases the risk for allergy-related asthma.

Stress hormones called glucocorticoids work to reduce inflammation; synthetic

versions are used to treat allergic reactions. But when these same hormones are present in the body of a person who's under chronic stress, they can trigger allergic responses instead of fighting them. Pregnant women have naturally higher levels of these hormones.

In the study, published in

the American Journal of Physiology, doctors exposed groups of pregnant mice to either a single bout of stress, a synthetic hormone to mimic a stress response, or an inhibitor to block the release of stress hormones. The offspring of all the mice were exposed to allergens after birth.

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8 9 2 8 9 2 3 5

To hear from Erica herself, scan her photo with your Metro app.



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# For dinner this week, try chicken with a whisper of sweet nothings

## Health Solutions

*If it looks and tastes like sugar, it could be Xylitol*



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

With the World Health Organization recommending a reduction in sugar to a daily maximum of six teaspoons, you want to find every way possible to cut it out. And many will max out before they even finish their coffee quota.

As far as artificial sweeteners go, some may contribute to blood-sugar levels. Other common complaints are how some leave a bitter taste and can't easily be used in baking. Hmm.

Have you heard about Xylitol? It's derived from the sugar molecule, but only has one portion of the entire composition.

The net result is that it's lower on the

glycemic index, which makes it safe for diabetics. It also has 33 per cent less calories than sugar.

Canada-born Xyla (xylitol's consumer-friendly name) is derived from hardwood and "is an easy and all-natural way to indulge in your favourite sweets without all the calories and blood sugar spikes," says Julie Reid of Xylitol Canada Inc.

"Xyla looks like sugar, tastes like sugar and bakes like sugar and can be swapped 1:1 in any recipe."

But unlike sugar, there are actual benefits to its consumption.

It blew me away to discover that Xyla protects tooth enamel by changing the pH of saliva. It has also been shown to prevent ear infections in children.

Xyla is used in products like sugar-free ketchup, toothpaste and mouthwash. Sounds like a good swap to make just before the Halloween Sugar Cavity Monster comes knocking.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



**START TO FINISH  
30 MINUTES**

This recipe serves four. THERESA ALBERT

**Sugar-Free Sweet Garlic Chicken.** Classic Asian-inspired flavours make this dish an ideal weeknight option

**THERESA ALBERT**  
myfriendinfood.com

This recipe uses Xyla, a low glycemic, all-natural sugar substitute that tastes and bakes just like sugar —

without the calories, cavities or blood sugar spikes.

It is a quick and simple one-pot meal that starts on the stovetop and results in a sticky, sweet Asian flavoured meal.

1. Preheat oven to 425 F.

2. Preheat a cast iron skillet and rub with oil. Brown the chicken drumsticks over high heat and remove, set aside. Wipe any fat from pan and add the sliced mushrooms to brown. Stir in peppers.

3. For the sauce, mix together Xyla, ginger powder, soy sauce, sesame oil and water.

4. Add chicken back to pan and pour sauce over. Turn chicken in mushroom-sauce mixture and place into oven to bake

for 15-20 minutes until cooked through. Serve with steamed rice.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

## Ingredients

- 1 tsp grapeseed oil
- 2 lbs chicken drumsticks
- 1 lb sliced mushrooms
- 2 red bell peppers, chopped
- 1/8 cup Xyla
- 1 tsp dry ginger powder
- 1/8 cup low sodium soy sauce
- 2-3 drops sesame oil
- 1/4 cup water



This recipe serves six. BLUE DIAMOND GROWERS

# How totally cheesy of you

This easy, cheesy veggie dish will satisfy even picky eaters. Try Gruyère, Emmenthal or Swiss cheese, depending on your family's preference.

1. Melt butter in a small saucepan over medium heat. Add flour; cook and stir for 1 minute. Whisk in almond beverage until smooth then add

Dijon, onion powder and herbs. Cook over low heat for 5 minutes to thicken slightly.

2. Add cheese, a little at a time,

cooking for 2 to 3 minutes or until cheese is melted, stirring frequently. Season with garlic salt and pepper and set aside and keep warm.

## Ingredients

- 1 tbsp (15 ml) butter
- 1 tbsp (15 ml) flour
- 3/4 cup (175 ml) Almond Breeze® Original
- 1 tsp (5 ml) Dijon mustard
- 1 tsp (5 ml) onion powder
- 1/4 tsp (1 ml) herbs de Provence
- 1 cup (250 ml) shredded Swiss Light cheese
- Garlic salt and pepper, to taste
- 6 cups (1.5 l) bite-size chunks fresh vegetables (such as bell peppers,

broccoli, cauliflower, squash, carrots and torn fresh kale)  
• 12 Blue Diamond® Almond Cheddar Nut Thins crackers, crushed

3. Place vegetables in a medium glass bowl and add 1/2-inch water. Cover and microwave on High for 6 minutes or until crisp-tender. Drain well and transfer to a serving bowl. Pour warm cheese sauce over top and sprinkle with crushed crackers. Serve immediately.

**BLUE DIAMOND GROWERS**



# When work wages war on well-being

**Of life and labour.** A sociology professor delves into the links between work, stress and health

"Why can't there be more hours in a day?"

It's a plea that rears up inside the brain, usually around 10 p.m., when the to-do list of emails, laundry, children's party invitations,

the carpool schedule and a must-finish-by-tomorrow work deadline seems impossible to complete before sunrise.

It's also an entreaty that seems to have no clear answer, unless you're willing/able to forgo sleep indefinitely.

But next time you appeal to the heavens for a few extra hours, know that Scott Schieman is looking for a solution to this modern-day problem.

The University of To-

ronto sociology professor is investigating the links between work, stress and health using data from an ongoing national survey of some 6,000 Canadian workers. Launched in 2011, the study will conclude in 2019.

So far, Schieman, who is also conducting in-depth

interviews with a group of study subjects on what he calls "work-life interface," has found that about one-third of workers report feeling overwhelmed by their jobs. About one-third of workers also say they don't have enough time in which to complete their job tasks.

"The number one thing that undermines work-life balance, or work-life fit, is feeling rushed for time — that feeling like you have too much to do and not enough time to do it in," says Schieman, who also holds a Canada Research Chair in the social contexts

of health.

Schieman hopes his research will help employers and employees find solutions to this ever-increasing societal problem.

He says research has shown that people who report high levels of job pressure are more likely to experience physical and mental health problems.

Until societal solutions emerge, Schieman says one way people can reduce the feeling of being overwhelmed by their job is to look closely at whether their workload is realistic.

"Step back and reflect on the structural reasons for your workload," he says. "Is someone at work putting too much pressure on you? Is the problem stemming from how you are organizing your work schedule? Just consciousness-raising about the amount of work and the time to do it in can help pinpoint solutions."

Schieman also recommends workers find social supports to help relieve job-related pressures.

"Having support from co-workers and managers — this is a huge factor," he says, noting that supervisors who empathize with employees over work-life balance foster loyalty and create a more-committed workforce.


"It really helps having a manager who understands the importance of work-life fit."

Since autumn brings with it that back-to-school, back-to-work mindset, Torstar News Service asked two busy professionals to share their challenges, and solutions, to finding that elusive work-life balance.

TORSTAR NEWS SERVICE



University of Toronto professor Scott Schieman is investigating what he calls 'work-life interface.' BRIAN SUMMERS/TORSTAR NEWS SERVICE



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## Taking time to find time

Name: Brendan Neil

- A criminal defence lawyer based in Halton, Ont., Neil is married and has a 17-year-old daughter. He works between 80 and 100 hours a week. He sleeps between three and six hours a night.
- Neil makes time for activities that help him relieve stress, including running, going to the gym and teaching a scuba diving class.



**Brendan Neil**

**Challenges:** For Neil, managing his often overscheduled calendar is an ongoing dilemma.

- In his profession, clients may call in the middle of the night requesting his help. He also never knows when a trial may get extended, pushing a neatly scheduled calendar into disarray.
- "This year has been especially rough," he says. "My family went away five times and I had to stay home."

**Solutions:** Neil plans every aspect of his life since his work can easily take over all available hours.

- "You have to schedule and prioritize the important things in life, including family time and time for yourself," he says. "If you don't schedule it, you will find that you won't have time for it."
- "My advice is to plug it all in your calendar or it will all slip by the wayside."

## Sacrificing sleep for work

Name: Alison Kramer

- Life, in brief: A writer, content creator, and former entrepreneur, Kramer lives in Oakville, Ont., with her life and business partner, Scott Stratten, president of Un-Marketing. Their house is home to four children (they're a blended family) ranging in age from eight to 13.
- Kramer, whose most recent project with Stratten is



**Alison Kramer**

the book *UnSelling: The new customer experience*, says she works whatever hours are needed to meet a deadline.

- The hours that Kramer sleeps, however, rarely change. "I get five hours a night," she says. "Sleep is one of those things I've never gotten very much of. I believe in finding extra hours in the day. I believe they exist."

**Challenges:** For Kramer, being a writer and content creator means that she can work anytime, anyplace to

meet deadlines.

- This kind of flexibility is one of the reasons she walked away from her small business two years ago. It also means Kramer has to work hard to prevent work from bleeding into family life.

**Solutions:** Kramer aims to find balance each day.

- "I can be home and writing and still leave for half an hour to pick up someone from school who is sick. I have a lot of flexibility and I think that's a privilege."

## Downing Jets all over the ice rink

Winnipeg Jets John Albert is knocked down by Edmonton Oilers David Musil, right, during the first period of a pre-season NHL game in Edmonton, on Monday night. Mark Fayne opened the score in the first for the Oilers and Taylor Hall added another two in the second in the Oilers' 3-1 win over the Winnipeg Jets. Mathieu Perreault scored Winnipeg's goal in the second period. The Oilers, who are now 3-2 in the preseason, host the Phoenix Coyotes next on Wednesday night and the Vancouver Canucks on Thursday night.

JASON FRANSON/THE CANADIAN PRESS



# What are the odds?

**Stanley Cup in Canada.** The Habs have the best odds to bring the trophy up north after 20 years

During last season's playoffs, Canadiens players couldn't help but wonder how Montreal might respond if the team won the Stanley Cup.

P.K. Subban has thought about it.

"It's scary," the 2013 Norris Trophy winner said. "It's scary in a great way. How passionate those fans are, the province, it's scary."

Odds makers think the current landscape across Canada is scary in a bad way and are betting that the country's Stanley

### Chaos?



"We joke around like, 'Could you imagine winning a Stanley Cup there and what the reaction would be?'"

Canadiens Max Pacioretty about the usual Montreal celebration style

Cup drought will extend to 21 seasons. But among the seven teams, the Canadiens have the best odds of ending it at 18 to 1, according to the online sportsbook Bodog.ca, which is no surprise as they were the only club to make last season's playoffs.

The Vancouver Canucks (33-1), Toronto Maple Leafs (40-1), Edmonton Oilers (50-1), Ottawa Senators and Winnipeg Jets (66-1) and Calgary Flames (75-1) aren't inspiring much confidence to bring the trophy back

to Canada for the first time since the Habs did it in 1993.

Despite wholesale changes — a new president in Trevor Linden, general manager in Jim Benning and coach in Willie Desjardins — the Canucks don't think they're far off from being back in contention.

"We felt like we made some good changes in the summer and got a little bit stronger, got a little bit younger, got deeper," defenceman Kevin Bieksa said.

It might be difficult for Leafs

players to think that far ahead, given the day-to-day spotlight they're in.

"It's hard for our players in this market to go down the street and not be noticed," coach Randy Carlyle said.

Edmonton has had six straight years of top-10 picks and no playoff appearances to show for it. The core of Taylor Hall, Jordan Eberle and Ryan Nugent-Hopkins hasn't been able to make that leap.

"It is frustrating having to answer 'Why?' or 'What is the next step?' all the time, but that's just the way it goes when you're on a team that's done the way we have," Hall said. "It's all about having a year that lives up to expectations. Whatever they may be, there's no set-in-stone expectation."

THE CANADIAN PRESS

### Wide receiver

## Eskimos sign veteran Paris Jackson

Veteran wide receiver Paris Jackson was signed by the Edmonton Eskimos on Monday, the team has announced.

He has 426 catches for 5,791 yards and 31 touchdowns in 188 career games with the B.C. Lions (2003-13) and Ottawa Redblacks (2014).

Jackson was originally selected by B.C. in the first round (sixth overall) of the 2003 CFL Canadian Draft.

The six-foot-three, 215-pound Vancouver native was a CFL West Division All Star in 2008 and is a two-time Grey Cup champion (2006, 2011).

THE CANADIAN PRESS

### Another one out

## Broken clavicle benches Riders Taj Smith

The Saskatchewan Roughriders' offence has taken another big hit.

The Riders have placed receiver Taj Smith on their six-game injured list with a broken clavicle. Smith will be out for at least the remainder of the regular season.

Smith was injured Friday in Saskatchewan's 24-0 road loss to Edmonton.

He had a breakout season in 2013, amassing 1,007 yards and adding seven touchdowns during his team's run to the Grey Cup title.

Smith has 397 yards and three touchdowns on 29 catches this season.

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# A's, Royals went all in for this moment

**MLB.** Marquee starters set to square off in Kansas City with spot in ALDS on the line

The Kansas City Royals made one of the boldest trades in franchise history two years ago. The Oakland Athletics made a similarly aggressive move just a couple of months ago.

The results of both will be in the spotlight Tuesday night.

For the Royals, it's "Big Game James" — James Shields, the centrepiece of a deal with the Tampa Bay Rays that finally pushed the long-downtrodden franchise into the post-season for the first time in 29 years. For the A's, it's Jon Lester — the post-season star of the Red Sox last season who was acquired by Oakland at the trading deadline just for this moment.

The one-game AL wild-card playoff. The winner advances to face the Los Angeles Angels in the best-of-five division series Thursday. Loser goes home.

"I've only been here for two years," Shields said Monday, "but when I got traded over here, I knew the magnitude of what this organization was headed for. And when I got here, walking around the city and talking to the fans and really relishing the 29 years, it's a special moment."

The teams share plenty of similarities: Pop-gun offences backed by strong starting pitching and two of the dominant bullpens in baseball.

They also share a significant difference: Oakland has plenty of post-season experience, making it three straight years, while Kansas City has languished near the cellar for decades.

That's the biggest reason

Royals general manager Dayton Moore got Shields and reliever Wade Davis prior to last season, trading soon-to-be AL Rookie of the Year Wil Myers and pitching prospect Jake Odorizzi to Tampa Bay.

Shields has delivered, pitching to a 2.31 ERA this September, and the Royals have won four of his starts in some high-pressure games.

"If you sit back and look at it, it means everything. It was the trade that got us over the hump," Royals manager Ned Yost said. "Would we be in this situation without James Shields and Wade Davis? No. In my mind, the trade did exactly what we hoped it would do."

A's general manager Billy Beane had been stung by post-season disappointments, and he coveted a horse for high-leverage games.

The move Beane made for Lester on July 31, shipping slugger Yoenis Cespedes to Boston, raised eyebrows around the league. And while the Oakland offence took a hit, Lester has done his part. He is 6-4 with a 2.35 ERA in 11 starts since he arrived in the Bay Area.

Now, he gets another opportunity to pitch in the post-season.

"We have a great opportunity ahead of us," said Lester, who some thought should have been the MVP of last year's World Series, when he went 2-0 with an 0.59 ERA against St. Louis.

Tuesday night will mark Lester's 12th start and 14th post-season appearance.

"We're going to give it the best shot we can and hopefully at the end of the day we're doing this again," he said. "You never know what's going to happen. This could be my last chance." **THE ASSOCIATED PRESS**

## NASCAR

### Quitting not an option for Stewart

Tony Stewart said Monday he never considered retiring from racing following the death of Kevin Ward Jr.

The three-time NASCAR champion talked with reporters Monday at his first news conference since a grand jury decided last week not to charge him in Ward's death. The 20-year-old driver was

struck and killed by Stewart's car during a sprint car race in upstate New York on Aug. 9.

"This is what I've done all my life. This is what I've done for 36 years, and I wouldn't change anything about it," he said. "I love what I do. I love driving race cars, but I think it might change right now as far as how much of it and what I do, but there was never a thought in my head about stopping. That would take the life out of me."

**THE ASSOCIATED PRESS**

## Buffalo shuffle QBs

### Manuel out, Orton in as Bills pivot

EJ Manuel is out as the Buffalo Bills' starting quarterback, and veteran Kyle Orton is in.

Marrone benched Manuel on Monday, one day after he completed fewer than half his passes and threw two interceptions in a loss to Houston.

**THE ASSOCIATED PRESS**

## Harbaugh humbug



"Personally I think that's a bunch of crap. People say

what they say."

The San Francisco 49ers' Jim Harbaugh who says he has no time for Deion Sanders, Trent Dilfer or others who question whether the fourth-year coach has lost his locker room or the faith of his players.



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Starting pitchers Jon Lester, left, and James Shields were brought onto their respective teams at great cost for situations such as Tuesday night's wild-card playoff game in Kansas City, Mo. LEFT: EZRA SHAW, RIGHT: JAMIE SQUIRE/GETTY IMAGES

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Kyle Lowry and the Raptors are eager to get the 2014-15 season underway. BERNARD WEIL/TORSTAR NEWS SERVICE

# Raptors hungry for more success

**NBA.** Toronto players say they are using last year's heartbreaking finish as motivation

The agonizing image of Kyle Lowry's blocked shot at the Game 7 buzzer has played itself over and over in the Raptors' minds all summer, like a bad song stuck on repeat.

The point guard who'd carried Toronto through their first playoff appearance in six years was blocked by Paul Pierce at the buzzer, ending their season as the Brooklyn Nets moved on to the second round.

Rather than bury that heartbreaking image, the Raptors have harnessed it.

"I think about it all the time because we're going to need that to feed off of, honestly, and understand how bad that hurt, that feeling of losing Game 7

## Quoted

"Last year we were trying to figure out how to win games, now we have to know how to win games. Know for a fact how to win games that are closer games."

Raptors point guard Kyle Lowry

and coming so close, losing by one point," said guard DeMar DeRozan. "We've got to carry that starting tomorrow for training camp, have that hunger and that edge to do the same thing all over again this year."

The Raptors held their traditional season-opening media day on Monday and talked about picking up where they left off. Toronto went a club-record 48-34 last season to win the Atlantic Division title before be-

ing eliminated in the opening round of the playoffs.

The sting of that loss lingered long for all of them. DeRozan wouldn't watch the Nets play the Miami Heat in the second round of the playoffs.

"That whole time, I couldn't wait for (the Nets) to lose, honestly, just to feel better about myself," DeRozan said.

Five months later, the Raptors are eager to get going. The positive vibe comes not just as a carry-over from the Raptors' thrilling playoff run, but also in the fact that the club retained its core — starting with Lowry, who signed a multi-year deal in the off-season.

"These guys, they like each other," said GM Masai Ujiri.

"They go out there and play for each other. We're not a selfish team. The young guys continue to grow and the platform continues to be there — I think that's very important for us."

THE CANADIAN PRESS

## 'Nowhere near there'

### LeBron undecided on Team USA

LeBron James doesn't know whether he'll take another shot at Olympic gold.

James said Monday he has not yet decided whether he'll play for Team USA at the 2016 Games in Brazil, where he could win a third straight gold.

"I'm nowhere near there," James said. "I haven't even thought about it too much. Obviously I know what's going on and what's happening. I haven't decided."

The 29-year-old James has two golds and a bronze in his Olympic medal haul.

THE ASSOCIATED PRESS



### Popping a bottle on pre-season

Houston centre Dwight Howard gets sprayed down during Rockets media day on Monday. Scan the image with your Metro News app to see some of the top media day images from around the NBA on Monday. DAVID J. PHILLIP/THE ASSOCIATED PRESS





## AUGMENTED REALITY

**Stuck on 12 Across?**  
**Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.**



→ See the full instructions on Metro's Voices page.

## Horoscopes by Sally Brompton

### Aries

March 21 - April 20

No matter how hard it may be to master a new technique you will do so eventually, so keep at it and don't give up.

### Taurus

April 21 - May 21

Make an effort to tackle routine matters today. Yes, of course, they are boring but if you don't get them out of the way now they will continue to nag at you.

### Gemini

May 22 - June 21

Don't stay silent just because you worry you might upset someone who has the power to make life difficult. Chances are they respect your opinions more than you realize.

### Cancer

June 22 - July 23

You need to think deeply about important matters today but you also need to keep whatever conclusions you reach to yourself, at least for the time being.

### Leo

July 24 - Aug. 23

Why are you worrying so much about what might go wrong when just about everything in your life is going right? Maybe you fear your lucky streak will end. It won't.

### Virgo

Aug. 24 - Sept. 23

A complicated and confusing situation will get even more complicated and confusing. So the best thing you can do is focus on something else.

### Libra

Sept. 24 - Oct. 23

You know what needs to be done to improve a relationship — so do it. A week from now, a lunar eclipse in your opposite sign will challenge both of you, so make sure the bonds of love are strong.

### Scorpio

Oct. 24 - Nov. 22

Don't give up on a new enterprise because it is more difficult than you expected. You know the more you practice something, the easier it becomes, so give it time.

### Sagittarius

Nov. 23 - Dec. 21

You may find it hard to put your point of view across today, but that's okay. There is nothing that needs to be said. Read more, talk less!

### Capricorn

Dec. 22 - Jan. 20

You are in a serious mood at the moment and may even be searching for the meaning of life. Something right in front of you will answer all those deep questions you have.

### Aquarius

Jan. 21 - Feb. 19

You have no end of talent but you need to add patience and hard work to the mix if you expect to be a success.

### Pisces

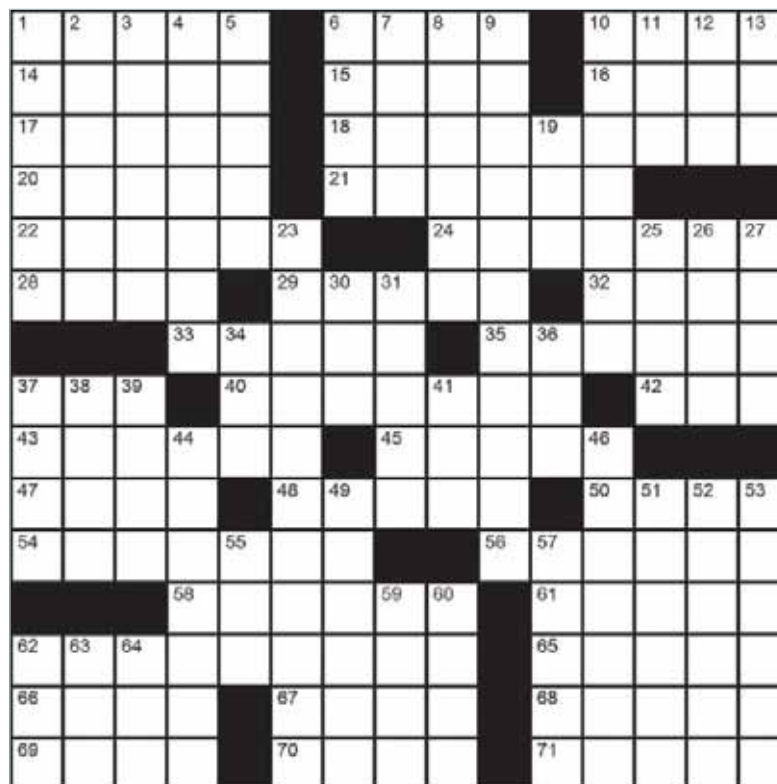
Feb. 20 - March 20

There will be moments today when you wonder if your efforts are truly appreciated but don't let the apparent indifference of friends and loved ones get you down.

## Crossword: Canada Across and Down by Kelly Ann Buchanan

### Across

1. Allan \_\_, Republic of Doyle star
6. Intertwine
10. Valerie \_\_ (Officer Wendy Sung on Motive)
14. Literature's T.S.
15. One being conned
16. Customer's slip [abbr.]
17. Aware
18. #10-Down's team, Cleveland \_\_
20. Edible seaweed
21. Red Hot Chili Peppers' Anthony
22. Selects a dish
24. Player listings
28. Arboreal dwelling
29. CEO's 'C'
32. 'Chick' suffix
33. 'Murdered' mythologically
35. Canadian journalist Rinaldo
37. Feline
40. Cdn. actor Will's
42. Mad Men creations, briefly
43. As an assembled abode
45. Gleans
47. 'Air'-meaning prefix
48. Eight member group
50. '80s hit: '(I Just) Died in Your \_\_'
54. Tuscany's marble city
56. Vowel-friendly



- Ontario village
58. Broccoli bloom
61. Perspective
62. Components of Elvis Presley's look
65. Formally boring
66. Jai's court partner

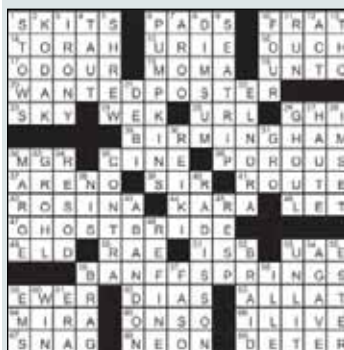
### Down

1. Way to face a problem: 2 wds.
2. Beauty magazine
3. Handles
4. Gone with the Wind undergarments

5. River rollicker
6. Goo
7. Mr. Morales
8. \_\_ weather warning
9. The Queen, in Canada: 3 wds.
10. Canadian basket-

- ball star Thompson
11. Soda cooler
12. Spring month
13. Late-shift times (abbr.)
19. ' \_\_' for Labrador
23. Where Mike Myers was born; or, Simon & Garfunkel's 'Fair' song
25. Scandinavian story
26. Cdn. actress Fiona
27. Dates
30. Q. "Is there an ' \_\_' #23-Down's answer?" A. "Yes, it's the last letter."
31. Torpid
34. California baseball team [acronym]
36. Cleopatra's snake
37. Politics channel
38. Nevada's \_\_ 51
39. Yukon, e.g.
41. \_\_ it up (golf)
44. Give up due to a penalty
46. Canonized
49. Sex and the City character
51. Consider
52. Newman/Field's "Absence of \_\_"
53. Finished as Elvis' blue shoes
55. Nite And Day: 1988 hit for \_\_. Sure!
57. Bob Marley album: ' \_\_ Revolution'
59. Mechanical \_\_
60. Ivan's terrible gig
62. NBA's Kings
63. \_\_-de-France
64. Roseanne hubby

## Yesterday's Crossword



### Online

See today's answers at [metronews.ca/answers](http://metronews.ca/answers)



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



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